

WELLNESS THEME: SUMMER SAFETY

It is important to stay safe while enjoying the outdoors.

Summer safety tips include:

- Wear a hat, sunglasses and sunscreen
- Drink lots of water
- Wear a helmet when biking (the front should be two fingers above the eyebrows, straps should form a "V" under the ears, one space between the strap and chin
- Supervise water activities and keep little children within arms' reach at all times around water
- Follow safety rules and laws when using off-road vehicles

